

# Volunteer Application Part 2

Indicate preferred and backup choice with "1" or "2."

## Tuesday July 7, 2014

\_\_\_ Collate Packets 9 a.m. – 12 p.m.

## Friday July 10, 2014

\_\_\_ Set-up Crew 12 – 4 p.m.

## Lifestyle & Fitness Festival – Saturday, July 11, 2015

\_\_\_ Set-up/vendor check-in 7 – 11 a.m.  
\_\_\_ Info/Vendor BINGO 9:30 a.m. – 12:30 p.m.  
\_\_\_ Athlete Check-in 9:30 a.m. – 12:30 p.m.  
\_\_\_ T-shirt/goodie bag 9:30 a.m. – 12:30 p.m.  
\_\_\_ Family Fitness Zone 9:30 a.m. – 12:30 p.m.  
\_\_\_ Photographer 11 a.m. – 2 p.m.  
\_\_\_ Info/Vendor BINGO 12:30 – 3:30 p.m.  
\_\_\_ Athlete Check-in 12:30 – 3:30 p.m.  
\_\_\_ T-shirt/goodie bag 12:30 – 3:30 p.m.  
\_\_\_ Fitness Fun Zone 12:30 – 3:30 p.m.  
\_\_\_ Event breakdown 2 – 6 p.m.

## Race Day – Sunday, July 12, 2015

\_\_\_ Set-up crew 4:30 – 7:30 a.m.  
\_\_\_ Athlete check-in 5 – 7:30 a.m.  
\_\_\_ Transition zone 5 – 11 a.m.  
\_\_\_ Body marking/hospitality 5:30 – 7:30 a.m.  
\_\_\_ Bike Course monitors 5:30 – 10:30 a.m.  
\_\_\_ Timing crew 6:30 – 11:30 a.m.  
\_\_\_ Photographer 7 – 10 a.m.  
\_\_\_ Run course/sea wall monitors 7 – 11:30 a.m.  
\_\_\_ Hospitality tent 7 – 11:30 a.m.  
\_\_\_ Finish line 7 – 11:30 a.m.  
\_\_\_ Water stations (3 locations) 7 – 11:30 a.m.  
\_\_\_ Medical aid 7 – 11:30 a.m.

Sign up online or complete  
both sides and return today!

# Directions

## Volunteer Training

Wednesday, July 8 | 6 – 7:30 p.m.

Carlsbad Senior Center  
799 Pine Ave.

From I-5 exit on Carlsbad Village Drive and go west one block. Turn left onto Harding Street. Turn right onto Pine Avenue. The Senior Center will be on the left. Park in the rear lot.

## Carlsbad Lifestyle & Fitness Festival

Saturday, July 11

Pine Avenue Park  
3333 Harding St., Carlsbad, CA 92008

From I-5 exit on Carlsbad Village Drive and go west one block. Pine Avenue Park is on the right side. (It's in the same location as the Senior Center.)

## Carlsbad Triathlon

Sunday, July 12

From I-5 exit on Tamarack Avenue and go west six blocks to Garfield Street. Turn left or right at the stop sign to find street parking. You will be parking in a residential area and walking one block west to Carlsbad Boulevard (Highway 101). The event will be located along Carlsbad Boulevard, north of Tamarack Avenue. Please be courteous of homes in this area. Do not block driveways. **do not** park in "no parking" areas or along the railroad tracks or you will be ticketed and towed.



# Volunteer Opportunities



Lifestyle & Fitness  
*Festival*

City of  
Carlsbad

# Lifestyle & Fitness Festival

## Athlete Packet Pick-up July 11, 10 a.m. – 3 p.m.

Athletes can pick up their race packets for free at the Carlsbad Lifestyle & Fitness Festival, conveniently located a mile from the race transition zone. The Lifestyle & Fitness Festival will take place during packet pick-up and includes lifestyle and fitness vendors, a Family Fitness Zone, and triathlon talks throughout the day. Athletes can arrive anytime between 10 a.m. to 3 p.m. to collect their race packets, which will be located in the east end of the park.



The 34th Carlsbad Triathlon is one of the nation's longest running races of its kind. This sprint distance race consists of a 1K open water swim in the Pacific Ocean, a 25K bike, and a 5K run. The race follows the

coastline of Carlsbad past scenic beaches, lagoons, and wildlife preserves, drawing competitors from beginners to elites. Join us that day as an athlete, a spectator, or become a volunteer assisting in one of the 180 positions needed to support the event.

## Volunteer Job Description



### Athlete Check-in

Register athletes and give out race packets to pre-registrants. Some lifting required.

### Body Marking

Write race numbers on athletes.

### Collate Packets

Assist in putting information and samples in athletes' packages.

### Family Fitness Zone

Assist with monitoring the activities in the Family Fun Zone ensuring organization and safety. The Family Fun Zone will have bounce houses, relay game and fitness activities.

### Finish Line

Make sure athletes stay in order. Retrieve timing chip and direct to refreshments.

### Nurses

Apply basic first aid. Supplies will be provided.

### Run Course/Bike Course

Monitor traffic and explain course and safety to public.

### Setup/Tear Down Crew

Help set up canopies, tables and chairs. Assist with loading and unloading. Heavy lifting is required.

### Timing Crew

Help athletes with timing by announcing times during the race and at the finish line.

### Transition

Help ensure that safety rules are followed while participants change from swimming gear to bike gear to running gear.

### Water Stations

Fill water cups and pass out water to athletes. Report injuries and give support.



## Volunteer Application Part 1

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Telephone (\_\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

☐ Check box if you would like to be added to our email list.

T-shirt size (circle one) S M L XL XXL

### Sign up online

[www.carlsbadtriathlon.com](http://www.carlsbadtriathlon.com)

### Or complete this form and mail to

Carlsbad Triathlon & Lifestyle & Fitness Festival  
Natalie Alegre  
3096 Harding St.  
Carlsbad, CA 92008

### For more Information

Call 760-602-7511

E-mail [Natalie.Alegre@carlsbadca.gov](mailto:Natalie.Alegre@carlsbadca.gov)

[www.carlsbadtriathlon.com](http://www.carlsbadtriathlon.com)

## Your Rewards

Enjoy a light dinner at our volunteer meeting on Wednesday, July 8, from 6 – 7:30 p.m. at the Carlsbad Senior Center to review assignments and receive instructions.

On race day, you'll receive a complimentary t-shirt and refreshments.

